

NBRC Gym Schedule

September 7 - 13

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------------------------|--|---|---|---|--|---|
| 6:00am | Open Gym 6:00-8:30 | Open Gym 6:00-7:45 | Open Gym 6:00-7:30 | Open Gym 6:00-7:45 | Open Gym 6:00-7:30 | | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | Open Gym 6:30-8:30 | |
| 7:30am | | Drop-In MRT 7:45-8:45 | Drop-in Fit For Life 7:30-8:30 | Drop-In MRT 7:45-8:45 | Drop-in Fit For Life 7:30-8:30 | | Open Gym |
| 8:00am | | | | | | | 7:30-8:30 |
| 8:30am | Pickleball 8:30-10:30 | Open Gym 8:45-1:00 | Pickleball 8:30-10:30 Drop-in Fit For Life 10:30-11:30 | Open Gym 8:45-1:00 | Pickleball 8:30-10:30 | Barbell Circuit | |
| 9:00am | | | | | | | Drop-in CoEd Volleyball 8:30-12:30 |
| 9:30am | | | | | | 8:30-9:30 | |
| 10:00am | | | | | | | |
| 10:30am | Open Gym 10:30- 11:30 | | | | Drop-in Fit For Life 10:30am- | Drop-in Fit For Life 10:30am- | |
| 11:00am | | | | | 11:30am | Open Gym | |
| 11:30am | Drop-in Adult Basketball 11:30-1:30 | | Drop-in Adult Basketball 11:30-1:30 | | Drop-in Adult Basketball 11:30-1:30 | 9:30-1:00 | |
| 12:00pm | | | | | | | |
| 12:30pm | | | | | | | Open Gym |
| 1:00pm | | Drop-in Senior | | Drop-in Senior | | | |
| 1:30pm | Open Gym 1:30-9:30 | Basketball 1:00-2:30 | Open Gym 1:30-7:30 | Basketball 1:00-2:30 | Open Gym | Drop-In All Ages Basketball 1:00-5:00 | Drop-In All |
| 2:00pm | | | | | 1:30-2:30 | | Ages Basketball 12:30-3:00 |
| 2:30pm | | Drop-In All Ages Basketball 2:30-5:00 | | Drop-In All Ages Basketball 2:30-5:00 | Drop-In All Ages Basketball 2:30-5:00 | | |
| 3:00pm | | | | | | | |
| 3:30pm | | | | | | | Open Gym 3:00-8:00 |
| 4:00pm | | | | | | | |
| 4:30pm | | Open Gym 5:00-7:00 | | Open Gym 5:00-7:00 | Open Gym 5:00-7:30 | Open Gym 5:00-7:00 | |
| 5:00pm | | | | | | | |
| 5:30pm | | | | | | | |
| 6:00pm | | Wmns Wrkout 6:00-7:00 | | Wmns Wrkout 6:00-7:00 | | | |
| 6:30pm | | | | | | | |
| 7:00pm | | Men's Adult Basketball League 7:00-9:30 | Men's Drop- In Basketball 7:00-9:00 | Men's Adult Basketball League 7:00-9:30 | | | |
| 7:30pm | | | | | - | | |
| 8:00pm | | | | | | | |
| 8:30pm | | | | | | 37 | |
| 9:00pm | | | | | | | |
| 9:30pm | | | | | | | |

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME